



# News Release



Shelby County Health Department

814 Jefferson Ave., Memphis, TN 38105

FOR IMMEDIATE RELEASE  
January 5, 2015

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## FREE FLU VACCINE BEGINNING TUESDAY *Extended Hours Tuesday ONLY*

MEMPHIS – In cooperation with the Tennessee Department of Health and in light of the increased activity of influenza-like illnesses in the community, free flu vaccine will be available beginning Tuesday, Jan. 6, at **ALL** Shelby County Health Department (SCHD) clinics while supplies last during normal business hours (Monday through Friday, 8:00 a.m. to 4:30 p.m.).

Additionally, select clinics (see below) will offer extended hours **ONLY** on Tuesday, Jan. 6, until 6 p.m.

Annual vaccination against influenza is recommended for everyone six months and older, including school-aged children, who want to reduce the risk of becoming ill or transmitting it to others. The vaccine is especially recommended for the following persons who are at increased risk for severe complications associated with influenza:

- Pregnant women
- People 50 years of age and older
- People of any age with chronic medical conditions, including asthma and other lung diseases, heart disease, kidney disease and diabetes
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from influenza, including:
  - Health care workers
  - Household contact of persons at high risk for complications from influenza
  - Household contacts and caregivers of children less than six months of age

Help protect against the spread of influenza by doing the following:

- Clean: Properly wash hands frequently with warm, soapy water; disinfect surfaces.
- Cover: Cover your cough and sneeze into a disposable tissue or arm.
- Contain: Stay home from school/work when sick to keep germs from spreading.

If an individual experiences flu-like symptoms, they should contact their health care provider. Symptoms include: *fever of 100 degrees Fahrenheit or greater; headache, fatigue, cough, muscle aches, and sore throat.*

**Millington Clinic**  
8225 Highway 51 N.

**Immunization Clinic**  
814 Jefferson Ave., Room 216

**Shelby Crossing Clinic**  
6170 Macon Road

**Southland Mall Clinic**  
1215 Southland Mall

**Collierville Clinic**  
167 Washington

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